

# 2015 Sioux Empire Push/Pull Open

USAPL Sanction SD-2015-03

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MD ENGRAVING  
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**When: Saturday, December 5<sup>th</sup>, 2015**

- Due to your efforts training; the meet will **not** be cancelled unless I-90 & I-29 are closed surrounding Sioux Falls.

**Where:** Ramada Inn

1301 W. Russell Street Sioux Falls, SD 57106

(605) 336-1020, For a special room rate mention "SEPPO" during reservation process

**Eligibility:** All entrants must be USA Powerlifting registered for 2015. USAPL cards may be purchased at [www.usapowerlifting.com](http://www.usapowerlifting.com). Cards purchased at meet will be good through 2016. **Drug Testing will take place. This meet is open to all lifters who have been drug free minimum of three years prior to meet.**

**Rules:** Rules will be those of USA Powerlifting. One piece lifting singlet required. No thumbless or reverse grip on Bench Press. IPF rules will apply for equipment. For more detailed information on USAPL rules, contact meet director.

**Entry Fees:** \$50 for first division entered • \$25 per additional division. Late Entries accepted until 11/21 with a \$25 late fee.  
\$50 for Team division. Teams will have a maximum of 8 lifters & IPF scoring method will be used.

**Sioux Empire Bench Open Schedule:**

- **Early Equipment Check:** Saturday, December 5<sup>th</sup> starting at 6:30 am
- **Weigh-In and Equipment Check:** 7:30 – 8:00 a.m.  
**Lifters, help this meet start on time. Late weigh-ins will not be allowed.**
- **Lifter's Meeting:** 8:45 a.m. Saturday
- **Lifting Begins:** 9:30 a.m. Saturday

**Divisions:** Open, Teen, Masters (40+), Women's, Masters Women (40+), Equipped and Raw divisions.

**Contest:** Push/Pull or Bench Press Only

**Weight Classes:** Women (lbs)- 94.75, 103.5, 114.5, 125.5, 138.75, 158.5, 185.0, +185.0  
Men (lbs)- 116.75, 130.0, 145.5, 163.0, 182.75, 205, 231.25, 264.5, +264.5

**Proof of Age Required:** Teen division will be placed by formula

**Proof of Age Required:** Masters 40+ Age groups will be placed by age/weight formula.

**Awards: Trophies:** Men's Open: 1<sup>st</sup> – 5<sup>th</sup> place in each weight class

Women's Open: 1<sup>st</sup> – 5<sup>th</sup> place in each weight class

Teen: 1<sup>st</sup> - 5<sup>th</sup> by formula in each age group

Master's: by age/weight formula 1<sup>st</sup> - 5<sup>th</sup>

Two All-Around Trophies

Team Trophy

**Meet Director:** Jona Leo (605) 951-0523

**Spectator Admission:** \$4/person • Children under 12 free when accompanied by an adult